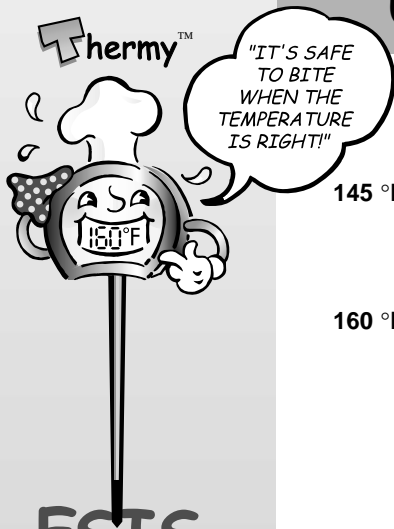


# Use A Food Thermometer



# FSIS

Food Safety  
and Inspection Service

U.S. Department of Agriculture

[www.fsis.usda.gov/thermy](http://www.fsis.usda.gov/thermy)

## Temperature Rules!

... for cooking foods at home.

- |   |   |
|---|---|
| <b>145 °F</b> • Beef, lamb & veal steaks & roasts, medium rare (medium—160 °F)                        | <b>165 °F</b> • Ground turkey & chicken<br>• Stuffing & casseroles<br>• Leftovers   |
| <b>160 °F</b> • Hamburger, meatloaf, pork, veal & lamb<br>• Pork chops, ribs & roasts<br>• Egg dishes | <b>170 °F</b> • Chicken & turkey breasts  |
|   | <b>180 °F</b> • Chicken & turkey whole bird, legs, thighs & wings<br>• Duck & goose |

It's the only way to tell if your food has reached a high enough temperature to destroy harmful bacteria.

USDA Meat and Poultry Hotline  
1-800-535-4555 • TTY: 1-800-256-7072  
E-mail: [mphotonline.fsis@usda.gov](mailto:mphotonline.fsis@usda.gov)

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